PRODUCT LIST

Due to market fluctuation prices will only be available on request.

FRESH FISH

White Fish

- 1kg Cod Fillets Boned
- 1kg Cod Fillets Skin/Boned
- 1kg Haddock Fillets Boned
- 1kg Haddock Fillets Skin/Boned
- 1kg Coley Fillets
- 1kg Monkfish Tail
- 1kg Monkfish Fillets Skin/Boned
- 1kg Whiting Fillets
- 1kg Seabass Whole
- 1kg Seabass Fillets
- 1kg Halibut Fillets

Flat Fish

- 1kg Lemon Sole Fillets
- 1kg Skate Wings
- 1kg Plaice fillets

"Very satisfied with the service, fish is always very fresh and the delivery men are always courteous and polite."
Mrs Scotton - Derby

Smoked Fish

- 1kg Smoked Haddock Fillets Boned
- 1kg Kippers OTB
- 1kg Kipper Fillets
- 1kg Smoked Mackerel Fillets
- 1kg Smoked Peppered Mackerel Fillets
- 454g Smoked Salmon
- 200g Smoked Salmon
- 500g Smoked Trout Fillets (Frozen)

Did you know?

100g of fish contain up to half the daily recommended amount of protein

Oil Rich Fish

- 1kg Trout Whole
- 1kg Trout Fillets
- 1kg Salmon Fillets
- 1kg Salmon Steaks
- 3kg min. Salmon Whole
- 1kg Herring Whole
- 1kg Mackerel Whole

Frozen

- 2kg Cod loin
- 2kg Haddock fillets
- 2kg Plaice fillets
- 2kg Hake fillets
- 2kg Coley
- 2kg Mackerel
- 1kg Tuna Loin
- 1kg Swordfish
- 500g Sardines
- 500g Whitebait

Shell Fish Frozen

- 454g Prawns
- 2kg North Atlantic Prawns
- 1kg Cooked Tiger Prawns
- 908g Crevettes
- 454g Shell on Prawns
- 800g Raw King Prawns
- 454g Mussels
- 454g Queen Scallops
- 454g King Scallops
- 454g Whelks
- 1kg Seafood Cocktail
- 1kg Squid Skinned and Cleaned
- 1kg New Zealand Mussels Half Shell
- Dressed Crab Frozen
- Crab Claws Frozen
- Seafood Sticks
- Cockles

· GOURMET ·

BEST SELLERS

READY PREPARED

BREADED COD PORTIONS
JUICY COD LOIN PORTIONS COATED IN A NATURAL OVENBAKE BREADCRUMB. PORTIONS 10.

BREADED HADDOCK
PRIME FILLET OF BONED HADDOCK COATED IN A CRUNCHY OVENBAKE BREADCRUMB. PORTIONS 10.

CHUNKY BREADED PLAICE PORTIONS
PRIME FILLET OF PLAICE COATED IN A TASTY NATURAL BREADCRUMB. PORTIONS 10.

CHEDDAR CRUSTED COD

HADDOCK CHEESE & BROCCOLI TOPPER
A SKINLESS & BONELESS FILLET OF HADDOCK IN A 3 WAY COOKED BREADCRUMB TOPPED WITH A RICH SAUCE OF BROCCOLI, LEEKS & CHEDDAR.

KING PRAWN WELLINGTON
HANDMADE PUFF PASTRY FILLED WITH LARGE TROPICAL PRAWNS IN A SPICY CHILLI AND RED PEPPER SAUCE.

GREAT GRIMSBY FISH PIE
FILLETS OF SALMON, COD AND HADDOCK WITH NORTH ATLANTIC PRAWNS IN A CREAMY CHEESE, WINE, MUSTARD, GARLIC & TARRAGON SAUCE. TOPPED WITH CRUSHED LINCOLNSHIRE POTATOES AND A SPRINKLE OF CHEDDAR CHEESE.

ATHENA PLAICE
PAIRED PLAICE FILLETS STUFFED WITH A FETA, SPINACH AND CREAM SAUCE ALL ENROBED IN A PARFRIED NATURAL BREADCRUMB – OVEN OR DEEP FRY.

SMOKED SALMON WRAPPED COD

SALMON IN THAI
SKINNED AND BONED SALMON FILLET PORTIONS IN A TANGY THAI MARINADE. PORTIONS 6.

COD WELLINGTON
COD FILLET IN A CHEESE, PRAWN AND MUSHROOM SAUCE ENCASED IN A CRADLE OF PUFF PASTRY. PORTIONS 6.

SMOKED HADDOCK IMPERIAL

SALMON WELLINGTON
SALMON FILLET IN A RICH BUTTER SAUCE IN A PUFF PASTRY TOPPED WITH PRAWNS. PORTIONS 6.

BATTERED HADDOCK
THICK FILLETS OF HADDOCK IN A CRUNCHY CHIP SHOP BATTER (CONTAINS BONES). PORTIONS 10.

SMOKED HADDOCK IMPERIAL
SMOKED HADDOCK IN A RICH FLORENTINE SAUCE OF SPINACH AND CHEESE, ENCASED IN A PUFF PASTRY FINISHED WITH CHEDDAR, RED CURRENTS AND EGG GLAZE. PORTIONS 6.

SNACKS & LIGHT LUNCHES

PLAICE GOUJONS
SKINNED AND BONED PLAICE STRIPS IN A NATURAL BREADCRUMB.
QUANTITY PER PACK 10–15. WEIGHT 454G.

HADDOCK GOUJONS
NORTH ATLANTIC HADDOCK IN A CRISPY LEMON AND CRACKED BLACK PEPPER BREADCRUMB. WEIGHT 1KG.

CHILLI AND LIME COD GOUJONS
CHUNKY SKINNED AND BONED COD STRIPS IN A TANGY LIME AND CHILLI BREADCRUMB.
QUANTITY PER PACK 10–15. WEIGHT 454G.

LIME AND CORRIANDER SALMON GOUJONS
SKINNED AND BONED SALMON FILLET STRIPS WITH COMPLIMENTARY LIME AND CORIANDER BREADCRUMB.
QUANTITY PER PACK 10–15. WEIGHT 454G.

DELUXE OVENBAKE SCAMPI
CLUSTERS OF WHOLE LANGOUSTINE TAIL IN A CRISP BREADCRUMB.
QUANTITY PER PACK 20–25. WEIGHT 400G.

BEER BATTERED COD GOUJONS
GOUJONS OF ATLANTIC COD FILLET IN A CRISPY BEER BATTER. GREAT FOR BUFFETS AND STARTERS.
QUANTITY PER PACK 30–35. WEIGHT 454G.

FILO KING PRAWNS
TAIL ON KING PRAWNS WRAPPED IN A FILO PASTRY.
QUANTITY PER PACK 25–30. WEIGHT 500G.

TEMPURA BATTER KING PRAWNS
TAIL ON JAPANESE STYLE KING PRAWNS IN TEMPURA BATTER.
QUANTITY PER PACK 25–30. WEIGHT 500G.

BUTTERFLY KING PRAWNS
TAIL ON BUTTERFLY KING PRAWNS IN A NATURAL BREADCRUMB.
QUANTITY PER PACK 25–30. WEIGHT 500G.

SEAFOOD PUFF

BATTERED SQUID RINGS
SQUID RINGS COATED IN AN OVENBAKE BATTER.
QUANTITY PER PACK 15–20. WEIGHT 500G.

COD FISH CAKES
COD, POTATO AND SEASONING WRAPPED IN A NATURAL BREADCRUMB.
QUANTITY PER PACK 24. WEIGHT 2.04KG.

SALMON FISH CAKES
COD, SALMON, POTATO AND SEASONING WRAPPED IN A NATURAL BREADCRUMB.
QUANTITY PER PACK 24. WEIGHT 1.34KG.

SMOKED HADDOCK FISH CAKES
POACHED SMOKED HADDOCK, SPRING ONION AND MASHED POTATO IN A NATURAL BREADCRUMB.
QUANTITY PER PACK 20. WEIGHT 1.8KG.

"I HAVE ALWAYS ENJOYED MY DELIVERIES AND EVERYTHING I HAVE RECEIVED HAS BEEN VERY TASTY."
MRS ELLIOTT – LINCOLN

Farm Shop

QUALITY STANDARD beef English

QUALITY STANDARD lamb English

ASSURED FOOD STANDARDS

- All farm shop products are handmade
- All are made using natural larder ingredients
- All the produce is locally sourced from Lincolnshire and Nottinghamshire

Chicken Wellington
A tender british chicken breast, with garlic mushrooms all enclosed in handmade lattice pastry. Portions 6.

Pork Roulade
Nottinghamshire Pork with caramelised red onion rolled in handmade puff pastry. Portions 6.

En Croute Selection
Contains a selection of handmade premium puff pastries full of meat and flavour and beautifully garnished. Includes: Pork & Apple, Roast Chicken and Steak & Stilton. Portions 6.

Woodland Duck
A whole duck breast in an orange glaze with fruit garnish

"I can recommend the sausages and burgers, they don't shrink when cooked and taste fantastic. Buy them they are great!"
Mrs Neale - Nottingham

Burger 1/4 lb'er Selection
A combo pack of our 3 best selling recipes: British Beef, Pork & Apple and Lamb & Mint

Premium Quality Sausage Combo
All are made by hand using prime trimmed meat from the shoulder and belly. All contain 70% prime meat, combo box contains 15 lincolnshire, 15 Cumberland and 15 traditional pork. Portions 45.

Rump Steak Pack
Prime naturally reared beef. Tender and melting, this steak is perfect for pan frying, griddling and even slow cooking. 4 x 7oz steaks.

Butterfly Chicken Breasts
British chicken breasts, skinless and boneless. Coated in a rich oil based marinade two of each of the following flavours: ginger, chilli & lime, Rosemary & Garlic and cajun. Portions 6.

5 GOOD REASONS TO EAT MORE FISH...

Fish is a super food and is full of vitamins and minerals; and, a major source of Omega3 fatty acids. Latest health research continually finds that fish and seafood can help to protect against a range of disease: from cancer to heart disease and depression to arthritis.

More specifically, here are 5 very good reasons to eat fish as part of your balanced diet:

1 FISH IS GOOD FOR A HEALTHY HEART

The Food Standards Agency recommends eating at least 2 portions a week with one of them being oily fish. The British Heart Foundation says eating oily fish can help to reduce heart disease and improve the chances of survival following a heart attack.
Fish does this by lowering levels of fats called triglycerides in the blood - raised levels are associated with heart disease. Research also indicates that fish oils help reduce blood clotting and abnormal heart rhythms after a heart attack. Omega3 also contributes in lowering blood pressure. Salmon is one of the best oily fish for delivering you Omega3 fatty acids in your diet.

2 FISH BOOSTS YOUR BODY'S ENERGY PRODUCTION

The fatty acids contained in fish are one of the best contributors to the energy production within the body. These fatty acids increase the body's physical as well as cerebral capability. You can help combat fatigue by eating fish at least twice a week as part of your balanced diet. Oily fish, such as Salmon, has health benefits also associated with mental functionality, it can help improve your level of concentration.

3 FISH IS GOOD FOR THE BRAIN & NERVOUS SYSTEM

There has been extensive research on the benefits fish can provide for brain and nerves to function in a healthy manner. Along with that, it is also proved to be beneficial in terms of preventing Alzheimer's Disease - the feared condition of memory loss in old age.

4 FISH IS GOOD FOR YOUR SKIN & HAIR

The higher the amount of Omega3 fatty acids in your body the better it is for your skin and hair. Another benefit of taking fish oil is that it quickly aids the production of collagen in the skin tissue. The good news here is that this creates healthier, stronger and faster growth of hair. Increased production of collagen also proves to be helpful in reducing wrinkles. So, fish oil contributes in making you look and feel younger. Not an opportunity for any of us to ignore!

5 FISH HELPS COMBAT DEPRESSION

According to research conducted by Louisiana State University the use of fish oil in your diet can reduce signs of Schizophrenia and depression.

10 REASONS WHY WE ARE BETTER THAN THE REST...

1. Our fish is especially selected for you on the internationally renowned Grimsby fish market every day.
2. We are a family run business now in our 20th year and we do our utmost to treat you as we would expect to be treated.
3. Many of our products are exclusive to us and cannot be found even in the supermarkets.
4. We deliver direct to your door - you don't need to worry about driving to the shops, parking the car and the rest.
5. We have our own dedicated team of highly trained staff ready to help you decide about your order.
6. We always have lots of great offers on the go.
7. Our range is locally sourced to us here in Grimsby... we can tempt you with a wide selection of foods from Lobster to award winning Sausages.
8. We are confident that our quality is second to none and at great prices too.
9. We deliver across the country and there is no delivery charge and the minimum order is just £18.
10. We service 25,000 happy customers on a regular basis.

FREQUENTLY ASKED QUESTIONS

Q) How often do you deliver?
A) We deliver every 8 weeks.

Q) How fresh is your fish?
A) The fish we deliver is landed the morning of delivery and brought to you the same afternoon or evening.

Q) What time do you deliver?
A) We deliver in most areas between the hours of 2.00pm – 7pm.

Q) What will a kilo of fish give me?
A) From a kilo of fish you should be able to get 4 -5 individual meals from it.

Q) How do I place my order?
A) A member of our highly trained Telesales Department will telephone you a week before delivery date to take your order and inform you of all the special offers and new products we have. Our Telesales department is open between 10.00am - 7.00pm Mon - Thurs and 10.00am - 3.00pm on a Friday.

Q) Do you only sell fish?
A) Fresh fish is what we are famous for but we also offer a range of quality made, prepared fish products such as goujons, fishcakes, breaded haddock, salmon Wellingtons and much more. Alongside of these products we also offer an exclusive range of hand made meat products that are prepared for us by a Lincolnshire Farm Shop eg: Chicken Wellingtons, all these products can be found on our Web Site.

Q) Is there a minimum order?
A) A Minimum order is either 2kg of fresh fish or £18.00 in sterling. This over the 8 week period equates to £2.25 per week.

Q) If I order fresh fish do I have to have 2 – 3kg of the same fish?
A) No, obviously people like variety so in a 2 -3 box of fish you can have 2 – 3 different types of your favourite fish.

Q) How is the fish delivered?
A) Fresh fish such as cod, haddock, plaice, salmon etc will be filleted and packed in a box covered in ice. This will need to be separated and bagged for the freezer when delivered. Smoked fish is traditionally prepared in a smoke house and wrapped in paper. This too will have to be separated and bagged. All our fish is delivered to your door in one of our modern refrigerated vans.

Q) Will I receive the full weight that I order?
A) With all our fresh filleted produce you will receive the full amount ordered. Where as with our whole fish there will be relevant weight loss due to preparation such a gutting and removing heads/tails.

Q) Do you offer products that may get children eating more fish?
A) Yes, a lot of our existing customers not only get fresh fish for themselves but choose certain products that their children enjoy. The two most popular children's products are Jumbo Fish Fingers, these are a prime Cod fillet in a crispy oven bake batter and our breaded cod loins which are a juicy cod loin portion skinned and boned in a natural breadcrumb. There are also a number of other relevant products we sell.

Q) Can I buy extra products off the van on the delivery day?
A) No, unfortunately, we only carry what our customers have ordered. This cuts down on waste and cost, keeping our prices competitive, so do make sure when our telesales operator calls you, you ask for everything you need for the 8 week period.

Q) When do you need my order?
A) We can process your order right up to 7pm the evening before delivery as we don't buy anything until the delivery date.

Q) If for any reason I get called away on the delivery date and need my order delivering elsewhere, what can I do?
A) You can call us on 01472 502679 between the hours of 9.00am – 7.00pm and speak with a customer care advisor that will be happy to help you.

Q) How do I pay for my order?
A) You can either give debit / credit card details at the time of placing your order, although this will not be processed until the day after your delivery or you can give cash or cheque to the delivery driver, once your fish has been delivered. As our rounds are quite large, approx 50 – 80 people to deliver to, it is always most appreciated if customers can have the correct payment ready when the driver calls on you. This helps ensure all customers receive the best quality of our service.

Q) How much does it cost for delivery?
A) There is no delivery charge, just the price of your products.

If there is anything else that we can help you with then contact us using the details on the back page.

DD Fish Supplies is a family run business which has been trading for the last 20 years.

In that time the business has developed into an efficient delivery service, that not only supplies the consumer with the highest quality fresh fish products but can now offer a wide range of gourmet and farm shop products that are produced to the same high standard and quality.

We purchase our fresh fish daily from the Grimsby market - so we know it is fresh. Indeed, we demand rigorous standards of our suppliers to ensure we maintain our high quality.

To aid us in providing the best service available to you, all our delivery drivers are equipped with state of the art technology thereby enabling us to provide up to the minute delivery time changes.

If there are further questions you would like to ask of us please do not hesitate to contact us.

DD Fish Supplies Ltd

Unit 8 – Grimsby Seafood Village
Wickham Road, Grimsby,
North East Lincolnshire, DN31 3SX

T: 01472 502679
F: 01472 502688
E: sales@ddfish.co.uk
www.ddfish.co.uk

Vat Reg No: 613937925
Company Number: 5015516

OFFICE HOURS

MON: 09:00 - 19:00
TUE: 09:00 - 19:00
WED: 09:00 - 19:00
THU: 09:00 - 19:00
FRI: 09:00 - 15:00
SAT: CLOSED
SUN: CLOSED

Recommend a friend

For every recommend a friend that spends over £20 you will receive a 10% discount on your next delivery. For more information on how to gain further discount please ask your sales advisor when placing your next order.